

# Health Tips for seniors

## High Potassium Foods

### Recommendation

- At least 2,000 mg per day (**NOT** if you have kidney disease)

### Foods with greater than 300 mg per serving

- Avocados (1/4 small)
- Bananas (1 small)
- Cantaloupe (1/4 small)
- Dried fruit (1/4 cup)
- Honeydew melon (1/8 small)
- Mango (1 medium)
- Papaya (1/2 medium)
- Prune juice (1/2 cup)
- Artichokes (1 medium)
- Bamboo shoots (1/2 cup)
- Beet greens (1/4 cup)
- Corn on the cob (ear)
- Chinese cabbage (1/2 cup)
- Dried beans (1/2 cup)
- Potatoes (1/2 medium)
- Spinach (1/2 cup)
- Sweet potatoes & yams (1/ cup)
- Swiss chard (1/4 cup)
- Tomato products (2 tbsp)
- Winter squash (1/2 cup)
- Bouillon ( 1cup)
- Cappuccino (1 cup)
- Chili (4 ounces)
- Coconut (1 cup)
- Lasagna (8 ounces)
- Milk products (1 cup)
- Molasses (1 tbsp)
- Pizza (2 slices)
- Salt substitutes (1/4 tsp)
- Soy milk (1 cup)
- Spaghetti (1 cup)
- Yogurt (6 ounces)
- Apricots (3 medium)